

## Stroganoff Casserole<sup>180</sup>

Number of Servings: 180 (317.75 g per serving)

Amount	Measure	Ingredient
25.20	lb	Beef, ground, hamburger, pan browned, 10% fat
3.00	gal	Water, municipal
5 3/4	qt	Rice, brown, med grain, ckd
9 1/2	qt	Soup, cream of mushroom, rducd sod, cond, cnd
9.00	cup	Spice, onion, minced, dehyd
9 1/2	qt	Sour Cream, nonfat

### Nutrients per serving

Nutrition Facts	
Serving Size (318g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 320</b>	<b>Calories from Fat 80</b>
% Daily Value*	
<b>Total Fat 9g</b>	<b>14%</b>
Saturated Fat 3.5g	18%
Trans Fat 0g	
<b>Cholesterol 65mg</b>	<b>22%</b>
<b>Sodium 350mg</b>	<b>15%</b>
<b>Total Carbohydrate 33g</b>	<b>11%</b>
Dietary Fiber 2g	8%
Sugars 7g	
<b>Protein 24g</b>	
Vitamin A 6%	Vitamin C 4%
Calcium 15%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

### Notes

\* Buy 1 1/4 # 90 or 93% lean ground beef for each 1# pan browned ground beef called for in the recipe. ~1/2 c crumbled, browned lean ground beef = 2 oz/serving

Heat water to BOILING, stir in all ingredients except Sour Cream. Bake at 375 degrees for 1 1/4 hours, stirring after 1 hour. After being oven for 1 1/4 hours stir in sour cream and return to oven for 10 additional minutes. Transfer to steam table and serve at 160-180 degrees F.

1 serving = 1 cup = 2 #8 scoops

1 serving = 38 grams carbohydrate = 2 1/2 Carb servings